

# HILLSIDE CLUBHOUSE

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**DECEMBER  
2022 EDITION**







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# GO-TO EVENTS - DECEMBER

Navigator square embraces the Christmas spirit and invites 20 stalls to sell all things handmade. Better yet, Hillside will be hosting a stall too!

1-7PM

## ARCHWAY CRAFT FAIR

7<sup>TH</sup>

4:30 & 7PM

Each person is given a candle as the church falls into darkness. To sign up, go to [tinyurl.com/s27h68t4](https://tinyurl.com/s27h68t4) or [tinyurl.com/2rjxfmrs](https://tinyurl.com/2rjxfmrs)

11<sup>TH</sup>

## CAROLS BY CANDLELIGHT

Drop in to St Mary's Church, NI9 3AD for a day of craft stalls, games, wild fangs, chain mail museum exhibits, free raffle, Santa's grotto and more!

12PM

## CHRISTMAS FAYRE

17<sup>TH</sup>

12:30-3:30PM

Join Hillside for a selection of cakes and nibbles, as well as a quiz and bingo hosted by your favourite staff member!

19<sup>TH</sup>

## OUR CHRISTMAS PARTY

Cally Park's rangers will help you create a wreath using natural materials found in the park and local area. Sign up at [tinyurl.com/32u3c9jr](https://tinyurl.com/32u3c9jr)

1PM

## WREATH MAKING @ CALLY

22<sup>ND</sup>

## MUSEUM OF THE MONTH

### MAKING THE MODERN WORLD

The Science Museum chart 250 years of science and technology and discover some of the most iconic items that have shaped our society. Free tours available on 9th and 16th December.







DAY	MORNING	AFTERNOON
<b>EVERY DAY</b>	KITCHEN & KIOSK ADMIN & RECEPTION	KITCHEN & KIOSK ADMIN & RECEPTION
<b>M</b>	WEEKLY NEWSLETTER	CREATIVE GROUP GAZETTE
<b>T</b>	SOCIAL EVENTS	WEBSITE & SOCIAL MEDIA
<b>W</b>	OPEN FOR SUPPORT SESSIONS	GARDENING GROUP
<b>T</b>	FUNDRAISING & PROMOTION	JOB SEARCH
<b>F</b>	WEBSITE & SOCIAL MEDIA	CREATIVE GROUP GAZETTE

MORNING:  
10-12:30

AFTERNOON:  
1:30-4

**Speak to your support worker about what you'd  
like to get involved with**







HILLSIDE  
CATERING

*Great Food*  
**WITH A SOCIAL  
CONSCIENCE.**



**SANDWICHES**



**SALADS**



**SWEET TREATS**



**BREAKFAST**



**EXTRAS**

## ABOUT US

Hillside Clubhouse is a mental health charity that makes social inclusion & participation in everyday life a reality.

At Hillside, our members get skilled, get creative, get support & get involved. Co-production is at the core of everything we do.

We cater to any other dietary requirements and use 100% biodegradable serving equipment.

## CONTACT US

Email: [enquiries@hillsideclubhouse.org.uk](mailto:enquiries@hillsideclubhouse.org.uk)

Telephone: 020 7700 6408



# Together we Grow Gardening Group

Our twice monthly gardening group in partnership  
with the "Friends of Caledonian Park"

## Monthly Schedule

**GARDENING  
DATES:**

**All sessions start 1:30-4pm**

<b>SEPTEMBER</b>	<b>Wednesday 21st</b>
<b>OCTOBER</b>	<b>Wednesday 5th Wednesday 19th</b>
<b>NOVEMBER</b>	<b>Wednesday 2nd Wednesday 16th Wednesday 30th</b>
<b>DECEMBER</b>	<b>Wednesday 14th</b>

**Please wear appropriate gardening clothing ~ durable  
footwear/waterproofed outerwear if raining / warm clothing.**

Gardening and enjoying time outdoors is proven to aid mental health by helping reduce depression and anxiety. Gardening also benefits physical health by reducing stress and can help aid high blood pressure.

Join us in the Avenue at the Clocktower – Members meet at Hillside for each session at 1.30pm to walk over to the clocktower cafe to be briefed by the clocktower gardening team for each session's activities along with a member of Hillside Staff.

All gardening equipment supplied by Friends of Caledonian Park –  
Gardening gloves provided by Hillside.

Speak to your support worker about how to get involved.



Working in Partnership  
to Build a Better Future

## JOB SEARCH SESSIONS

- **CV & Cover Letter Support**
- **Application Form Support**
- **Interview Techniques**
- **Support With Job Boards**
- **Live Vacancies**

**PLAN FOR YOUR FUTURE EVERY  
THURSDAY @HILLSIDE  
CLUBHOUSE**

Find the career path that you want to take. This is an excellent opportunity to explore all the support available to you!



It's a fact, gardening and interacting with nature improves general wellbeing and can help relieve stress.

The Hillside "Together We Grow" gardening group is a fantastic opportunity for green fingered members to engage with nature and work as part of a team.

We have partnered up with The Friends of Caledonian Park, who for many years have successfully maintained and created Caledonian Park & the Clock Tower gardens.

Hillside "Together We Grow" have been assigned a large garden area called "The Avenue" (which faces the clocktower from North Road)

Our gardening sessions will be supported by the Friends of Caledonian Park, and will take place on the 2nd and last Wednesday of every month 1.30 - 4pm. All gardening equipment and gloves will be provided by Caledonian Park.

Please speak to your support worker or a member of staff if you want more information or want to be signed up for the "Together We Grow" project.

**Tgether**  
**We Grow**





# Food Support in Islington

## Monday

Margins Project at Union Chapel  
Drop-in session for people facing homelessness  
Hot food takeaway  
11:00am-2:00pm  
19B Compton Terrace  
N1 2UN

Drop-in for food parcels

Monday - Thursday 12pm - 3pm. 42 Crouch Hill N4 4BY  
colin.adams@hanleycrouch.org.uk // 0207 263 1067

The Arc Centre  
Weekly food packages for people living in N1 7 and N1 8  
melissa@thearcentre.org  
0207 673 1281

Elizabeth House  
Pop-up food store every Tuesday for residents in: N4 2, N4 3, N5 1, N5 2, N7 7  
Register: 02076901300  
nathalie@elizabeth-house.org.uk

The Ringcross Community Foodbank  
N7 8RH  
Food parcels, meals and essential items  
12pm to 4pm  
Open to Islington residents (proof of address needed)  
02077002498

Hilldrop Community Centre  
N7 0JE  
Free hot lunch  
12:15 - 2pm

## Tuesday

Brickworks Community Centre

FoodCycle Islington  
Free hot meal, 1pm  
New River Baptist Church, N1 2TL  
No need to book!

Manor Gardens  
11am - 2pm, N7 6LA  
Weekly co-operative food shop. Take what you need for £3

The Hive Foodbank  
Wednesdays 6.30-8.30pm  
020 7916 2710  
hivefoodbank@gmail.com

Margins Project, Union Chapel  
Drop-in session  
11:00am-2:00pm

The Ringcross Community Foodbank  
12pm to 4pm

## Thursday

Copenhagen Street Foodbank  
N1 0SR  
Weekly foodbank 1-3:30pm Fresh food and non-perishable items.  
02078378378  
copenhagenstreetfoodbank@gmail.com

Mildmay Community Centre  
Woodville road N16 8NA  
Community cook-up  
Free shared meal (donations welcome)  
Thursdays 11.30am - 1.30pm

## Friday

Mildmay Community Centre  
Woodville road N16 8NA  
Weekly food co-op £1 per person in household  
020 7249 8286  
mildmaycp@gmail.com  
If you do not have access to a telephone or email, please feel free to come to the centre on Friday between 11.30am - 1.30pm to discuss your needs

St Mary's Church and the Hive foodbank  
N19 3AD  
Cook Together Drop In  
Fridays 3.30-6pm  
Learn to make cheap, easy & tasty meals. All ingredients provided

The Ringcross Community Foodbank  
12pm to 4pm

## Weekends

Choices CiC - African Caribbean Cultural Food Co-op  
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods.

The first Saturday every month at 2pm  
Caxton House  
Community Centre  
N19 3RQ

If you are on low or no income, please contact us to join the membership at: info@choiceslondoncic.com





## Other services:

### **Bags of Taste: free, mentored at-home cooking**

**course** to make low-cost, nutritious meals. Ingredients provided for free and delivered to your house. Open to all Islington residents. [islington@bagsoftaste.org](mailto:islington@bagsoftaste.org) // 07986042458

Hornsey Lane community centre, N19 3YJ:

### **Lunch Club for people over 50** Mon-Fri

Open from 12-3pm with lunch served around 1pm. Cost £3

St Luke's Community Centre, EC1V 8AJ:

### **Over 55s Lunch Club** for Islington residents

offering low cost freshly cooked lunches on-site  
90 Central St, EC1V 8AJ. Monday to Friday 12-2pm.

## Healthy Start Vouchers

Get support to buy milk or food. Payments are loaded onto a prepaid card to be used in shops. Open to women/people at least 10 weeks pregnant or families with a child under four years and on:

- Universal credit with total earned income of £408 or less (after tax) per month for the family
- Child tax Credit with a family income no more than £16,190 per year
- Income support
- Income-based jobseeker's allowance
- Pension Credit
- Income-related Employment and Support Allowance (for pregnant people only)
- Pregnant and under 18

## HEALTHY START



Complete application online:  
[www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/)



## Join or start a food co-op!

Food co-ops are groups of neighbours who buy food together to save money and support each others' needs. By joining or starting a food co-op, you could save up to 40% on your weekly groceries. To find out more and for guides and resources on how to start a co-op, visit: <https://cooperation.town/>

Find your nearest food co-op by contacting co-operation town here:  
<https://cooperation.town/contact/>

Please note, this is not a fully comprehensive list of all food support available in Islington. For more information, please visit [www.islingtonfoodpartnership.org.uk](http://www.islingtonfoodpartnership.org.uk)

# CAMDEN SUPPORT SERVICES

## Citizens Advice Camden

A great place to go for information about any of the following:

- Welfare benefits, universal credit, applications or appeals.
- Debt problems and budgeting.
- Housing, Tenancy issues, repairs and housing solicitor access.
- Employment problems, redundancy, unfair dismissal or discrimination.
- Utility problems (gas, electric etc.)
- Consumer problems, such as faulty goods and complaints.

Please call their free advice line 0808 278 7835. Lines are open between 10am - 4pm, Monday - Friday.

Website: [www.camdencabservice.org.uk](http://www.camdencabservice.org.uk)

## Mary Ward Legal Centre

They provide specialist advice in housing, welfare benefits and debt. They also provide free legal advice as part of our pro bono clinic in the areas of employment, housing, small claims, consumer, and family.

Unfortunately, they do not offer basic benefit checks or form filling for new claims (with the exception of PIP and DLA forms), but advise clients when there is a problem with their claim, for example with appeals or sanctions.

TEL: 020 7831 7079 (Monday to Friday between 10am and 1pm)

ADDRESS: Mary Ward Legal Centre, 10 Great Turnstile, WC1V 7JU



### Camden Community Law Centre

Camden Community Law Centre's solicitors, caseworkers, and volunteers provide and deliver free and independent legal advice, assistance and representation in housing, welfare benefits, asylum, immigration, and employment law matters.

To access IPR advice services:

Call the telephone advice line on: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

Website: [cclc.org.uk](http://cclc.org.uk)

### Mind in Camden

Mind in Camden provide a host of free support groups, as well as a great service called Healthy Minds.

Healthy Minds is a Mind in Camden Project aimed at supporting adults who may be struggling with their mental health, feeling isolated or disconnected with their community. Over 12 sessions, you will be paired with volunteer to create a personal development plan identifying your individual needs, goals and barriers to enable you to access the sessions that suit you.

Call: 020 7241 8996

Email: [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

Write: Healthy Minds Community Programme, Barnes House, 9-15 Camden Road, London NW1 9LQ

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# ISLINGTON SUPPORT SERVICES

## Citizens Advice Islington

A great place to go for information about any of the following:

- Welfare benefits, universal credit, applications or appeals.
- Debt problems and budgeting.
- Housing, Tenancy issues, repairs and housing solicitor access.
- Employment problems, redundancy, unfair dismissal or discrimination.
- Utility problems (gas, electric etc.)
- Consumer problems, such as faulty goods and complaints.

Please call their advice line 0300 330 1197 (calls charged at local rate) or call free from 222 Upper Street. Lines are open between 10am-4pm.

Website: [www.islingtoncab.org](http://www.islingtoncab.org)

## Islington Law Centre

Legal advice surrounding debt, consumer issues, education, employment, housing, immigration and asylum, welfare benefits or community care. Advice projects in Finsbury Park, Essex Road and Caledonian Road neighbourhoods.

Islington Law Centre is open to the public from Monday to Friday, from 10am - 1pm and 2pm - 4pm at 38 Devonian Road, London, N1 8UY.

Tel: 020 7288 7630.

Email: [info@islingtonlaw.org.uk](mailto:info@islingtonlaw.org.uk)

Website: [www.islingtonlaw.org.uk](http://www.islingtonlaw.org.uk)



### Islington Peoples Rights

Provides free specialist advice, casework and representation in Welfare Benefits and Debt. Appointments take place at the Manor Gardens Centre in Holloway, as well as the St Luke's Community Centre for EC1 residents. They also deliver outreach sessions at Islington venues linked to Mental Health, Drug and Alcohol Services and key BAME groups. Weekly advice sessions, including further areas of law, at St Luke's, with pro-bono input from City Law Firm.

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

Mondays, Tuesdays and Fridays 2:00pm-4:00pm.

Email: [info@ipradvice.org.uk](mailto:info@ipradvice.org.uk)

Website: [www.ipradvice.org.uk](http://www.ipradvice.org.uk)

### Income Maximisation (iMAX), Islington Council

Income Maximisation can ensure you are getting the most money from your benefits and will support you to make benefit or tax claims. They can also help you challenge and appeal benefit decisions or advise you on how working can make you better off. They will also look at how much help you may get with childcare costs or help you with your benefits when you start work or have a change of circumstances. They also offer advice and support with benefit changes such as 'Bedroom Tax', Benefit Cap and Universal Credit. Where necessary, they can arrange appointments at council offices or home visits to assist you with filling out forms.

Telephone: 0800 731 8081 or 020 7527 8600

Lines open from 9:30am - 4:30pm, Monday to Friday.

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Islington Mind**Mental Health Community Recovery & Crisis Enablement Service**

Islington Mind offer a quick response to urgent matters, such as:

- Escorting to medical appointments
- Escorting to benefits assessments and tribunals
- Support with urgent phone calls
- Ad-hoc emergency support with housing, tenancy, health care and employment
- Crisis advocacy
- Signposting to other community services.

They also offer a wide range of holistic and exciting activities.

Address: Islington Mind, Unit 4, Archway Business Centre, 9-23 Wedmore Street, Islington, N19 4RU

Tel: 0203 301 9863

Email: [athena.tsigaras@islingtonmind.org.uk](mailto:athena.tsigaras@islingtonmind.org.uk)





# COST OF LIVING DAY



**Thursday 8 December, 1 - 4pm**

**Andover Community Centre  
55-57 Corker Walk, Finsbury Park, N7**

Free  
Give-aways!!

Drop-in to speak to us about  
money worries & other support

Get information, advice and support with:

- ★ **Money & debt**
- ★ **Hardship support**
- ★ **Support for families**
- ★ **Disability support**



**Or call Help on Your Doorstep: 020 3931 6080 or  
Age UK Islington: 020 7281 6018 for support**

# WANT TO BE A PEER BUDDY?

A new programme that will train and support volunteers to accompany local people in Islington with mental health issues to appointments, services, activities and events.

We are looking for Peer Buddies to offer at least a day a week to:

- Remind people of appointments.
- Support people by helping them travel to appointments that they would struggle to get to on their own, and being with them to provide support and reassurance.
- Help others by providing conversations that are reassuring, friendly and helpful.
- Assist in linking others by offering information and signposting to local services and activities.

What you will gain volunteering as Peer Buddies:

- Opportunities to improve work related planning, service and communication skills and get training on how to be a Peer Worker. Links into local employment specialists for employment support and advice to find paid roles.
  - Gain confidence and work readiness through volunteering in your community.
  - An up-to-date reference. Advice and support to assist with your role.
-



- Your costs paid plus special perks via community partners
- An opportunity to give back to your community by providing an essential service.

If you have experience of mental health problems, want to make a real difference in your local community, learn new skills, meet new people and gain great experience, get in touch and book a place! Let us know if you have any challenges getting online and are interested in the training.

To register your interest, simply add your details and any questions to <https://tinyurl.com/peerbud> and we will give you a call.

To have a chat about the role, please feel free to contact Stephen Gardner on:

Tel: 07738 236 041

Email: [stephen@manorgardenscentre.org](mailto:stephen@manorgardenscentre.org)

Proudly brought to you by Manor Garden's Welfare Trust, Islington MIND, Camden and Islington NHS Foundation Trust, (LBI) Islington Council, The SidebySide Network, Islington Borough Users Group, Nubian Users Forum.



# DO YOU NEED HELP GETTING TO PLACES?

HAND IN HAND is a new Volunteer Peer Buddying Service that will help Islington residents who experience mental health difficulties to get to other locations for appointments, courses, green spaces, and events.

The Buddies can remind you of an appointment, accompany you to appointments, events and activities that you would otherwise struggle to attend. They provide you with support and friendly encouraging conversation en route to the activity and give information about accessing other support services.

The peer travel buddies are fully trained and DBS cleared, but they do not provide therapy or specialist support.

They will meet you at your door or convenient location, but cannot come into your home. Their role is primarily in connecting, accompanying, reminding and reassuring.

**For more information:**

**Mon, Tue, Wed:** Tel: 07526 692507

Email: [satoko.fujishiro@islingtonmind.org.uk](mailto:satoko.fujishiro@islingtonmind.org.uk)

**Wed, Thu, Fri:** Tel: 07738 2360

Email: [stephen@manorgardenscentre.org.uk](mailto:stephen@manorgardenscentre.org.uk)

**Anytime:** Email: [Laura@manorgardenscentre.org](mailto:Laura@manorgardenscentre.org)

**To refer yourself to the service:**

Email: [HandinHand@islingtonmind.org.uk](mailto:HandinHand@islingtonmind.org.uk)

If you or someone you know might like to volunteer to be a peer buddy the can register their interest here:

<https://tinyurl.com/peerbud>



## Mental health crisis support in Islington

The Crisis Café offers 4 **1-to-1 appointments** to Islington residents at risk of crisis (by professional referral only). Clients are offered an initial assessment, referrals to all Islington Mind services, and signposting to other local services.

The Crisis Café also offers an **out of hours drop in** and activities. This is open to existing service users who have completed initial assessments with the Crisis Café or Islington Mind's day opportunities.

**Please check capacity by contacting the Café directly during its opening hours on 020 7263 3397.**

Current Islington Mind service users can self-refer at our day centres.

We accept professional referrals by 3:30pm Mon-Fri. To make a referral, email:

**faith.giwa-osagie**

@islingtonmind.org.uk

**lorraine.dixon**

@islingtonmind.org.uk

**viktoria.stefanopoulou**

@islingtonmind.org.uk

The Crisis Café runs on weekend afternoon and weekday evenings.

Please see our website for our drop-in schedule.

### For more information:

Email: [min.wilkinson@islingtonmind.org.uk](mailto:min.wilkinson@islingtonmind.org.uk)  
Tel: 0203 301 9850

**islingtonmind.org.uk**

Registered charity no. 294535

# MINDFUL COLOURING

Research suggests that mindful colouring, as with meditation and art therapy, can provide numerous benefits for all ages. Along with providing a much-needed break and the chance to relax and refocus, it can help to lift your mood, decrease anxiety and reduce stress.

Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state of mind as meditating, through reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long and stressful day.

Multiple studies have shown that colouring can reduce depression - the simple act of colouring a picture can be quite beneficial. One popular way to do this is to colour and use it as a form of meditation.

Seven good reasons why colouring is good for you:

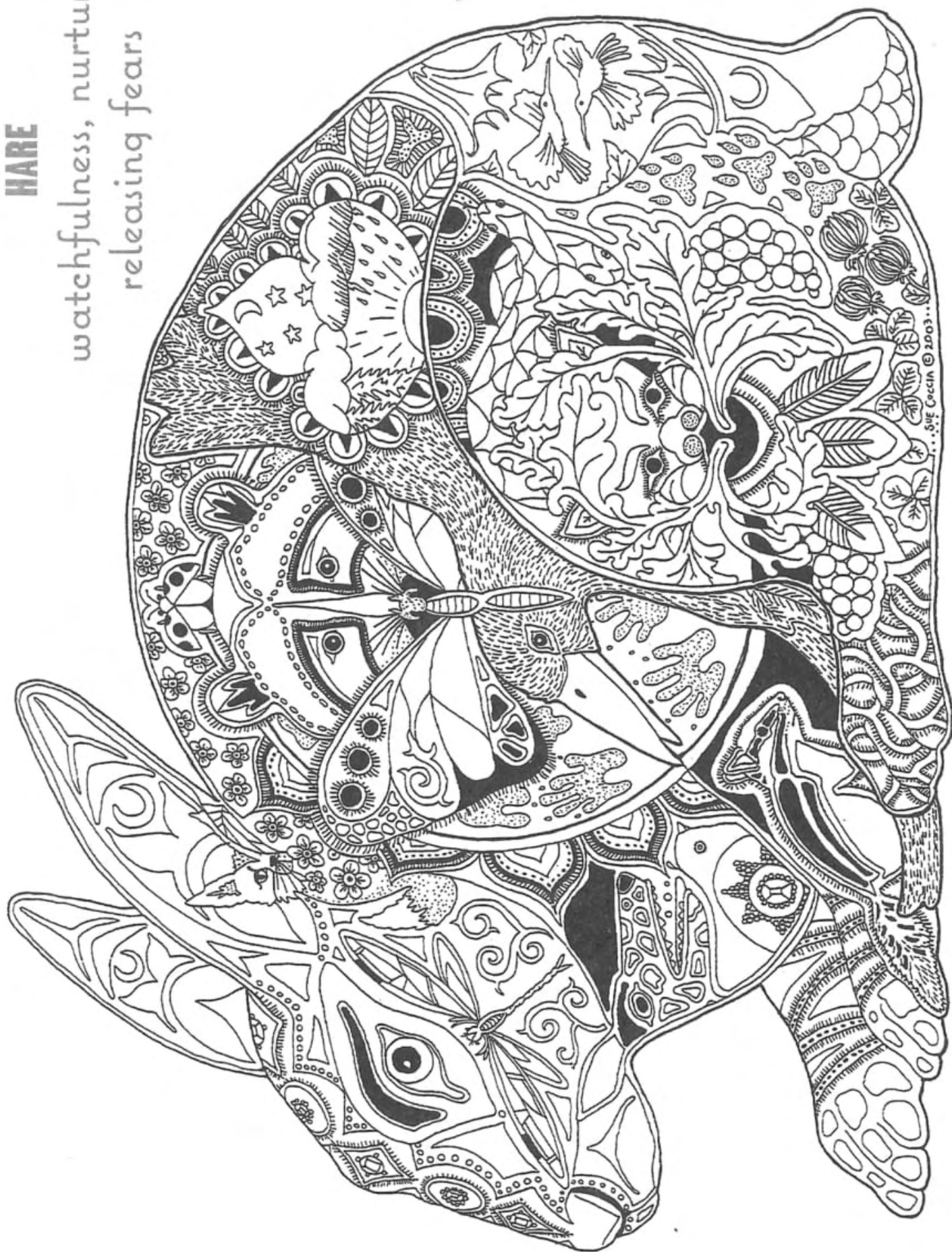
1. Your brain experiences relief by entering a meditative state.
2. Stress levels have the potential to be lowered.
3. Negative thoughts are expelled as you take in positivity.
4. Focusing on the present helps you achieve mindfulness.
5. Unplugging from technology promotes creation over consumption.
6. Colouring can be done by anyone, not just artists or creative types.
7. It's a hobby that can be taken with you wherever you go.

Have a go at the picture opposite and be expressive with your colours.



HARE

watchfulness, nurture,  
releasing fears



# MY TEACHING EXPERIENCE

So, I was sitting at home debating what to do with my life. My dream of being a chef had been taken from me after I came down with slipped discs in my back. Having my dream taken from me sent me into a deep depression and I knew I couldn't be in the kitchen for much longer.

Hillside was introducing the teacher training course as the next step for people who had done the mentoring course. My peers and the staff were saying that I would be good at it and that I should go for it. As per usual, I started overthinking things and my feelings got the better of me. I had so many thoughts running through my head: 'I won't be any good because of my dyslexia and learning difficulties.' However, I was determined to give it a shot.

I decided to go on loads of different courses so I could be prepared when the time came: Introduction to Teacher Training, Customer Care, Critical Thinking, Equality and Diversity, Introduction to Social Care, English etc.

I was so scared and nervous about applying for the course - If I couldn't get on because of my dyslexia, it would prove me right that I wasn't good enough! However, I knew I could do it from the courses and my time as a mentor in the kitchen, training new people or giving the inductions. That helped me to have faith in the skills and knowledge I have learnt though my years of working in kitchens and the courses I have passed.

So I went for it!!

The day came of the interview to get accepted onto the course. For the first task, they asked us to write a little assessment – my worst

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**JENINE LUCK**



nightmare! I was so nervous I would fail and have to go back and improve my English and then apply next year. Can you imagine my face when at the end of the interview the teacher said I had successfully made it onto the course? I was over the moon and I even started to cry tears of joy when I heard the words come out of her mouth.

When I got home though, I started to panic about the assignments and the exams I would have to do for the course. Would my English be good enough to be able to meet their standards?

I spoke to my teacher about my concerns and she was so helpful. She put me in touch with the learning support centre at the college, where they were able to assign me a support worker to help me with my dyslexia. They also recommended some textbooks I could get to help me with my studies.

I am so proud of myself for how well I am doing on the course and I'm really shocking myself with all the work I have managed to complete with the help of my support worker at the learning centre. I am hoping to pass this course in December 2022.

I thought there would be a lot of work to do as well as the research, but luckily, the teacher is great and gives you all the right information, making the work more manageable. The level of support I have received from my teacher, as well as all the support from the staff and members at Hillside has been so overwhelming.

I hope by sharing my story with you, I can help you to go for what you want in life. It's so easy to be overcome by emotions and fear, but these are just temporary feelings and they will pass. We can achieve things if we can think differently and have the courage to go for what we want. It will be tough, but you might just surprise yourself.

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**JENINE LUCK**

# MY DREAM OF DJING

I've been DJing for years, but just in house and with friends on my turntables. Its every DJs dream to play out to a big group of people. This is the story of how my dream came true.

At the time, I didn't have a flat, so was living in Daleham Gardens community hospital in Swiss Cottage. A group of us who lived there were really into dance music, and one of them found out about a DJ skills workshop in the Highgate Hospital. Funnily enough, it was my birthday when we first decided to go.

The hospital had got a load of funding and went out and bought 2 Technics 1210s (for anyone that doesn't know, this is the top of the range record decks). When I got my turn on the equipment, the teacher really liked my skills.



Technics 1210s,  
the most widely  
known and  
popular record  
players for DJs.

A week later, they sent me a letter asking if I'd like to volunteer in the class, teaching new people how to mix. For the next 6 months, I'd go along every week and help teach people all the skills: Beatmatching, scratching, how to bring a tune in subtly and how to count the bars to make sure the phrasing was right. I really enjoyed it!

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**ALEX HOLDING**

One day, the hospital told us they'd like to launch a night to promote the DJing course. When they told us it would be at the O2, I was a bit nervous, but also really excited. They brought all the equipment and sorted out drink and snacks for everyone.

I went along with a couple of other people who were at Daleham Gardens who'd been coming to the course with me. I couldn't believe it – I was going to be playing in front of 100 people!



I enjoyed the night so much. I thought I'd give you a little selection of the songs I played. I hope you enjoy them too!

- Restless Natives – I Wanna Know (Y-Tribe Groove Mix)
- Shanks & Bigfoot – Straight from the Heart
- Y-Tribe – Enough is Enough



# THE CANAL MUSEUM TRIP

About 7 of us met at the Caledonian clock tower (built 1855) at 11.30 a.m. We made our way to the museum (only a 5 minute walk and a short bus ride) on New Wharf Road, amongst lots of yellow brick buildings. As we went in, we were greeted by a large space with a life-size back half of a standard working barge, along with areas for reading and areas for activities. At the entrance was a small shop and two very friendly staff.



We were taken upstairs and given coffee & biscuits and sat down to watch commentary and footage of canals and barges of the last 150 years, all the way up to the present day (canals & barges began in the 1650's and only stopped commercial use in 1963).

Once we'd finished our tea, we were given a guided tour, beginning with how blocks of ice were brought to the museum building in 1863, long before refrigeration, by Carlo Gatti, in order to make ice cream. The ice blocks were transported all the way from Norway and brought to London by canal once in the UK. As well as making ice-cream, Carlo Gatti sold ice to fishmongers, butchers, hospitals and many more businesses.

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**KATE OSBORN**

Before diesel, the barges were pulled by horses, hence the name tow-path for the bit of land either side of canals. Horses also needed frequent stops at stables, providing rest, food, new shoes (if needed) etc. In the 1900's the museum building was converted into a stables and opened as a museum in 1992.



A horse pulling  
a canal boat, as  
they would  
before engines.

We were shown the cramped areas for families in the full-scale back half model of a common commercial barge during the industrial revolution. It was made up of very small fold out beds, a tiny stove, a minuscule sitting area, very small cupboards and not much by the way of keeping warm. However, families decorated their barges with arty designs and ribbons, both inside & out, making it homely against all odds.

Upstairs, there were a lot of panels with writing & illustrations. There was a machine mimicking the noise of a diesel barge and a glass cabinet containing different types of barges - sailing, pleasure boat, steam, horse drawn, tractor drawn and more. The 'Bantum' engine, built in 1950, propelled barges rather than being pulled by horses. You could press buttons that lit up each kind of barge, with brief reading for each.



The museum has two floors and backs onto the refreshing Battlebridge Basin, just off the Regent's Canal. A basin is an area of water jutting from a canal for people to stop and replenish, or have a long stay (depending on their permit). On the main canals, one can only moor for two weeks. It was pleasant sitting on the bench near the water of the basin canal.



Inside the museum, there was a section of 20 minute videos including "The Regents Canal" & "Islington tunnel tug". There was also an activity on trying out different knots and a traditional costume display.

We all had a very enjoyable & informative day out. We are hoping to go again sometime next year.



The mile long  
tunnel going  
under Angel



# THE WALLACE COLLECTION

## TRIP

On Friday 28th October 2022, I visited the collection with Hillside members. The museum is a stone's throw away from Selfridges in Manchester Square W1 and it is FREE...YAY!

My favourite painting was 'The Swing' By Jean-Honoré Fragonard. It is considered an iconic painting and was painted in 1756. It is an oil painting commissioned for the woman on the swing.



I thoroughly enjoyed my time there, the paintings are exquisite. I can recommend a visit - one can immerse themselves in the paintings and may just be transported back in time - some of the paintings date all the way back to the 16th century.

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**L. STEPHEN**

# WELL GROUNDED COFFEE

## COURSE: MY REVIEW

The well-grounded barista training 8 week course covering all the training and support needed to become a barista:

- Barista training
- Milk steaming
- Espresso making
- Coffee Knowledge
- Coffee bean process
- Coffee tasting and flavour notes
- 4 week work placement in a café
- Mentor support and advice
- Café trips and roaster tour
- Food hygiene level 2
- SCA Exam qualification

### Barista Training

Hands on learning with an espresso machine and coffee grinder. Learn about all the different parts and functions of an espresso machine, how to use the steam wand to steam milk to make all the different drinks on the menu: Espresso, Americano, Macchiato, Flat White, Latte, and Cappuccino.

Well-grounded will help you perfect and develop the skills to know how to make all of these drinks off by heart!

### Coffee Knowledge

From Coffee plant to freshly brewed coffee, Well-grounded will help you discover the process of how the bean is harvested by farmers, the different types of coffee beans around the world and how coffee beans are roasted.

From chocolate to fruit, there are a number of flavour notes to discover. Get experience coffee tasting by exploring how bitterness, acidity and sweetness makes the perfect coffee.

### Café Trips and Work Experience

Well-grounded trainees will go on a café tour around London, trying out all sorts of different coffee shops, from high specialty to Commercial chain shops, evaluating the quality of their drinks.

Well-grounded trainees will also go on a roastery tour, going to one of the high specialty roasteries and learning how coffee is roasted and sold to shops.

After 4 weeks, Well-grounded introduce work placement, where trainees will gain hands on experience in working in a coffee shop as a barista.

### Qualifications and Certificates

During the course, trainees will gain Food hygiene level 2 as well as an SCA Qualification in coffee.



### Mentor Support and Finance

Well Grounded provides lunch and travel money to help support their trainees. During the 8 week course, well-grounded will provide one to one training with a mentor to manage progress and help provide any additional support.

### My Personal Journey

I have just graduated the well-grounded barista training course. The team are really lovely, very friendly and made me feel welcome. The course helped me gain the experience needed to start getting into barista jobs.

At first I applied with Kay for the shorter course before lockdown. Sadly I didn't get accepted, but well-grounded gave me feedback about my application and told me to apply for the longer course starting later in the year.

Then lockdown happened and it took a while for the course to open back up again. I applied for the longer version with Jessie and I got onto the course this time!

I recommend the course for anyone thinking about getting a job working with coffee, the course is very forgiving for beginners to this world. At first, I didn't have a clue about coffee or how to make the different drinks, but now I would say I could make all of the drinks with ease!

# CONTRIBUTE TO THE GAZETTE

Would you like to contribute to the Gazette by writing an article of your choice?

It can be anything from recipes, information, to poems or stories. Anything that takes your interest!

Do your article on Word and save to the (U:) drive under Gazette.

Contact your support worker or Clubhouse staff for more information or support to get started. We look forward to seeing your articles getting published!

Thank you to everyone that contributed to this month's edition.

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# CLIFFORD HENRY PEARCE

What follows is a tribute to my Grandfather, a very special, brave and courageous man.

Ask a staff member for the previous edition to catch up on Clifford's story...



Troops getting on a train at Larkhill Camp.

On February 10th 1915, the eagerly awaited orders for departure were at last given out. The men's kit and personal equipment weighed nearly 80lbs, comprising of drawers, undershirt, shirt, 2 towels, holdall, shaving kit, housewife (army slang for sewing kit), balaclava, 3 pairs of socks, greatcoat, rubber sheet, mess tin and haversack, as well as a rifle and 150 rounds of ammunition.

At 7.30pm, the left half of the Battalion under Lieut. Col Loomis paraded and marched out of Larkhill to Amesbury station, followed half an hour later by the right half, marching under Major Norsworthy. Two trains had been provided for the troops, and the first of these pulled out about 11pm, the other following some 20 minutes later.



Early on the morning of February 11th, the men of the 13th Battalion discovered that Avonmouth (Bristol) was their destination. When this port was reached somewhat before dawn, they immediately detrained and started to board the S.S. Novian, which was awaiting them.

Embarkation of men, horses and wagons was smartly carried out, after which the men were allowed to get some sleep. Along with 31 officers and 1002 men of the 13th, the S.S. Novian also carried the Divisional Ammunition Column, with the compliment of over 200 horses.



Ship carrying the  
13th Battalion Royal  
Highlanders of  
Canada from  
Avonmouth to  
France.

Three small 2 berth cabins were available for the senior officers, while the juniors made their beds on the floor of the little dining saloon. The men were huddled in three holds, packed more or less like sardines, while between decks were the horses. The ship remained docked at Avonmouth that night.

In company with other transports and under the protection of destroyers, the S.S. Novian sailed at dawn on February 12th, shaping a course towards the Lizard and the Bay of Biscay.

In the evening, a strong wind sprang up and by morning on the 13th this had developed into a rousing gale, which forced Captain McCormack of the Novian to turn his bows into the wind to lessen the roll of the ship, which was endangering the lives of the horses. The decision to change course and proceed out to sea was wise and seaman like. Sea-sickness was rife, and nine-tenths of the men were ill.

Morning of the 15th found the ship slipping into the outer harbour of St. Nazaire. Owing to congestion at the docks, she anchored in the outer harbour and remained there till late in the afternoon.



A colourised photo of French troops from early in the first world war. This is similar to the French troops who would have greeted Clifford at the docks.

Finally, a berth having been cleared, the Novian weighed anchor and crept through the narrow entrance into the inner harbour and to the dock, where a great crowd of French civilians gave her a noisy welcome. Oranges and other articles were hurled up onto the Decks as a token of good will, while the men of the 13th, not to be outdone in friendliness, tossed down coins and packets of cigarettes. The French soldiers, with their long bayonets and picturesque dress were objects of respectful interest to the Canadians, even though they had likely not to have been to the Front.

As soon as the vessel docked, preparations to unload the horses and wagons began. But just at that moment, the Stevedores of St. Nazaire, who had general charge of the arrangements, went on something resembling a strike.

However, nothing deterred the Highlanders, and so they promptly undertook the work themselves. Enquiry produced a couple of experts to work the donkey engine, which was soon hoisting the wagons out of the hold. Capt. T.S. Morrissey commanded the fatigue which had this task in hand, and by working hard all night, accomplished it satisfactorily.

Another party under command of Lieut. J.O. Hastings, was seeing to the landing of the horses. This was quite difficult as the horses, who were stiff and groggy after their knocking about at sea, had to be led down a steep incline from the level of the deck to the shore. Many of them slipped and rolled down, but a pile of hay was placed at the bottom to soften the final bump. None of the horses were injured, nor did any of them seem to mind their falls, probably because they felt safer on firm ground.

The disembarkation of the Battalion proper, took place the next afternoon. Under the command of Capt. W.H. Clark-Kennedy the Battalion lined up in the dock for the march through the streets of St. Nazaire to the railway station. They gave three cheers for Captain McCormack and the officers of the Novian, for all they had done for them on the voyage.

TUNE IN NEXT MONTH FOR THE NEXT INSTALLMENT OF  
CLIFFORD'S STORY, AS THE BATTALION PREPARE FOR TRENCH  
WARFARE...

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**KEVIN PEARCE**



# MINCE PIES

## INGREDIENTS

- 1 large jar mincemeat (about 600g)
  - 2 satsumas, segmented and finely chopped
  - 1 apple, finely chopped
  - zest 1 lemon
  - little icing sugar, for dusting
- For the pastry:
- 375g plain flour
  - 260g unsalted butter, softened
  - 125g caster sugar, plus extra for sprinkling
  - 1 large egg, plus 1 beaten egg for glazing



### METHOD

1. Place 375g plain flour and 260g softened unsalted butter in a bowl and rub together to a crumb consistency.
2. Add 125g caster sugar and 1 large beaten egg, and mix together.
3. Tip out onto a lightly floured surface and fold until the pastry comes together, be careful not to over mix.
4. Wrap the pastry in cling film and chill for 10 mins.
5. Scoop the large jar of mincemeat into a bowl and add 2 segmented satsumas, 1 finely chopped apple and zest of 1 lemon.



6. Heat oven to 220C/200C fan/gas 7.
7. Roll out the pastry to 3mm thick.
8. Using a round cutter (about 10cm), cut out 16 bases and place them into muffin trays. Put 1½ tbsp mincemeat mixture into each. Brush the edge of each pie with a little beaten egg.
9. Re-roll out the pastry to cut 7cm lids and press them on top to seal. Glaze with the beaten egg, sprinkle with the extra caster sugar, then make a small cut in the tops.
10. Bake the mince pies for 15-20 mins until golden brown. Leave to cool before releasing them from the muffin trays and dusting with a little more icing sugar before serving.





ALcontrol Laboratories

# 14 ALLERGENS

coming to a food label near you

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found



## Celery

This includes celery stalks, leaves, seeds and root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



## Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour such as some types of baking powder, batter, bread crumbs, bread, cakes, pasta, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



## Crustaceans

Crab, lobster, prawns, and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



## Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour seeds can be used in some types of bread, pastries and even pasta.



## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces. It's often split into casein in curds and BLG in whey.



## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



## Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



## Nuts

Not to be mistaken with peanuts (which are actually a legume & grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



## Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



## Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



## Sulphur dioxide (also known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

# ALcontrol Laboratories - Confidence to Act

[www.alcontrol.co.uk](http://www.alcontrol.co.uk)

original content taken from FSA allergens circular



# FEVER PITCH: WORLD CUP WINNERS

- 1930 - Uruguay 4-2 Argentina Host: Argentina
- 1934 - Italy 2-1 Czechoslovakia (aet.) Host: Italy
- 1938 - Italy 4-2 Hungary Host: France
- 1950 - Uruguay 2-1 Brazil Host: Brazil
- 1954 - West Germany 3-Hungary Host: Switzerland.
- 1958 - Brazil 5-2 Sweden. Host: Sweden.
- 1962 - Brazil 3-1 Czechoslovakia Host: Chile.
- 1966 - England 4-2 West Germany Host: England.
- 1970 - Brazil 4-1 Italy Host: Mexico.
- 1974 - West Germany 2-1 Netherlands Host: West Germany.
- 1978 - Argentina 3-1 Netherlands Host: Argentina
- 1982 - Italy 3-1 West Germany Host: Spain.
- 1986 - Argentina 3-2 West Germany Host: Mexico.
- 1990 - West Germany 1-0 Argentina Host: Italy.
- 1994 - Brazil 0-0 Italy (aet.) 3-2 (Pens) Host: USA.
- 1998 - France 3-0 Brazil Host: France.
- 2002 - Brazil 2-0 Germany Host: Japan.
- 2006 - Italy 1-1 France (aet.) 5-3 (Pens) Host: Germany.
- 2010 - Spain 1-0 Netherlands (aet.) Host: South Africa.
- 2014 - Germany 1-0 Argentina Host: Brazil.
- 2018 - France 4-2 Croatia Host: Russia.

# FEVER PITCH:

## WORLD CUP FACTS

- The biggest crowd for a World Cup final was at the Maracana in Brazil - 173,850 (1950).
- German striker Miroslav Klose holds the record for the most World Cup goals. He scored 16 times in 24 matches, across 4 tournaments.
- Gary Lineker has the most goals for an Englishman with 10 goals.
- The record for the most World Cup appearances is held by German Lothar Matthaus with 25.
- Brazil are the only country to have taken part in all 22 Tournaments.
- The highest scoring world cup match was between Austria and Switzerland. It ended 7-5.
- Incidentally, the highest score for any football match was in Toamasina, Madagascar: AS Adema beat L'Emyne 149 -0.
- In 1950, America's team of amateurs beat England's professionals 1-0. When the result was cabled back to England by reporters, the newspapers thought it must be a mis-communication so printed the score as 10-1 to England.
- In 1966, North Korean minnows beat giants Italy. The Koreans were showered with praise, but on returning to Italy, the Italian players were showered with rotten tomatoes by irate fans.
- In 1954, West Germany were losing at half time to favourites Hungary. How did they manage to win in the end? They changed to longer studs at half-time on a rain-affected pitch.

# QUIZ

1. Where will the next men's football world cup be held?
2. Where was William Shakespeare born?
3. How old was Sean Connery when he appeared in the first James Bond film, Dr No, in 1962?
4. What were Beethoven's first names?
5. How old was Pitt the Younger when he first became Prime Minister of Great Britain?
6. Which Greek philosopher, on being found guilty of sacrilege, was forced to drink the poison hemlock?
7. What is the capital of Qatar?
8. What does "Haute Cuisine" mean?
9. How many years of training does a psychiatrist have to undergo?
10. What is the most popular Supermarket in the UK (need a clue? It's not Lidl or Aldi)?
11. What did Sir Isaac Newton discover after an apple fell on his head?
12. Modern times have been the best time to be a dyslexic; before its diagnosis dyslexics were just considered stupid for not being able to read. What year was dyslexia first diagnosed?



SODUKU

		3		4		7		
	7	2		1				5
1		4			8			3
		5		3		1		9
	4	7	1		9	5	8	
9		8		5		6		
7			3			2		6
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	3				2	9		4
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3						7	8	9
8	5						2	1
9	4	2						5
	6				7			
7		9			5	6	4	
1		5	6				9	

# QUIZ ANSWERS

- 
1. Canada, Mexico and USA
  2. Stratford-Upon-Avon in Warwickshire
  3. 32
  4. Ludwig Van
  5. 24
  6. Socrates
  7. Doha
  8. High Cooking
  9. 11 years-Usually more
  10. Tesco is by far the most supermarket in the UK
  11. The laws of gravity. The definition of gravity is that mass exerts a pull on things proportional to its weight.
  12. In 1896, Dr Pringle Morgan was the first person to diagnose dyslexia, after he noticed that one of his pupils was very bright but couldn't read or write well.

# SODUKU ANSWERS

5	9	3	2	4	6	7	1	8
8	7	2	9	1	3	4	6	5
1	6	4	5	7	8	9	2	3
6	2	5	8	3	4	1	7	9
3	4	7	1	6	9	5	8	2
9	1	8	7	5	2	6	3	4
7	5	9	3	8	1	2	4	6
2	3	6	4	9	7	8	5	1
4	8	1	6	2	5	3	9	7



5	3	8	1	6	2	9	7	4
6	9	4	5	7	8	1	3	2
2	7	1	4	3	9	8	5	6
3	1	6	2	5	4	7	8	9
8	5	7	3	9	6	4	2	1
9	4	2	7	8	1	3	6	5
4	6	3	9	2	7	5	1	8
7	2	9	8	1	5	6	4	3
1	8	5	6	4	3	2	9	7